

SELF MONITORING FORM

- RECORD THOUGHT AND BEHAVIOR RITUALS
- TRY TO DO THIS LOG AS SOON AS POSSIBLE WHEN A RITUAL OCCURS
- KEEP IT BRIEF

DATE: _____	Situation that evokes distress	SUDS (0-100)	Description of Ritual	Number of mins spent on ritual
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM				
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM				
2:00 PM				
3:00 PM				
4:00 PM				
5:00 PM				
6:00 PM				
7:00 PM				
8:00 PM				
9:00 PM				
10:00 PM				
11:00 PM				
12:00 AM				
1:00 AM				
2:00 AM				
3:00 AM				
4:00 AM				
5:00 AM				